



Routine For: Beginning Steps  
Created By: Healthy Utah

Oct 21, 2009  
Lower Body Strength Training

Program Instructions

Begin each session with a warm-up to get the blood circulating and muscles warmed up.

Make sure you do full range of motion and move through the exercise slowly.

Pick a weight that challenges you so that your last 1-2 repetitions are difficult, otherwise you need to increase your weights.



Finish your workout with 5-10 minutes of stretching. Stretch all the major muscle groups.

\*Start doing one strength training session per week

ABS - 11 Crunch: Raised Leg

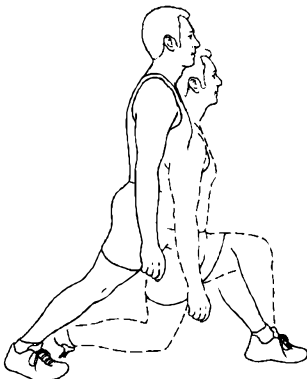


Arms crossed, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 2 sets. Complete 12 repetitions.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

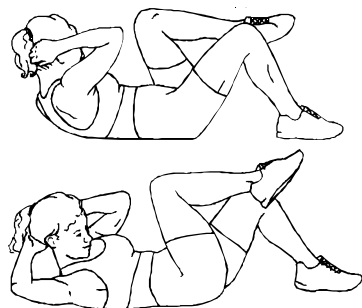
In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. To increase the intensity grab a set of dumbbells. Repeat on other side.



Do 2 sets.  
Complete 12 repetitions.

ABS - 17 Crunch: Twist – Bent Leg, Alternating

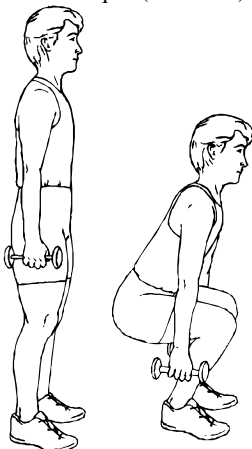
Legs bent, tighten abdominals, raise upper body and one leg. Twist to touch opposite elbow to raised knee. Alternate sides.



Do 2 sets.  
Complete 12 repetitions.

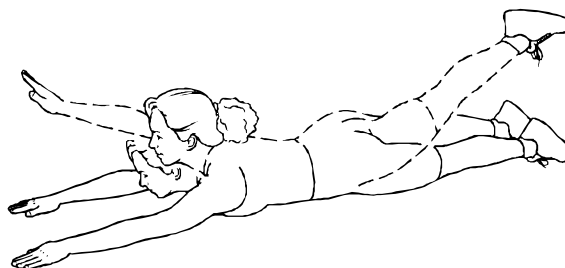
LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels. Do not let the knees go in front of the toes.



Do 2 sets.  
Complete 12 repetitions.

BACK: LOW - 1 Leg / Arm Lift: Alternating



Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

Do 2 sets. Complete 12 repetitions.



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		Mon	Tues	Wed	Thur	Fri	Sat	Sun	Mon	Tues	Wed	Thur	Fri	Sat	Sun
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